

## Prepared To Respond



Benjamin Franklin once said "by failing to prepare, you are preparing to fail." For those involved in GTMO's first full-scale Chemical Weapons Field Training Exercise, failure was not an option. Although an exercise scenario, responders, security personnel, hospital staff and American Red Cross volunteers treated the event as if it were really happening.

See Page 6

# Kick Off A Stress-free School Year

For many children, the first day of school doesn't just mean new teachers and new friends, it can also be a source of anxiety with homework and tests just around the corner. Fortunately, starting the year off right can help minimize a child's stress levels throughout the year.

"Parents can ease back-to-school anxiety and make a smooth transition from summer to school by creating a stable routine with their child," says Richard E. Bavaria, Ph.D., vice president of education for Sylvan Learning Center. "While all children experience first day jitters, parents should pay close attention to children in transition years – kindergarten, first grade, and the start of middle school and high school. The first days of transition years are particularly difficult and come with new expectations and challenges."

Bavaria offers the following ideas to help children and parents prepare for school and minimize academic stress. These tips include back-to-school suggestions and specific tips for the transition years:

### Back-to-School Tips (for each new school year):

- \* Get back in the routine to by re-establishing bedtime, mealtime, reading and homework routines.

- \* Set education goals at the beginning of the year. Whether it is striving for an "A," handing in homework on time or preparing for tests in advance, setting goals helps set the routine for the new year.

- \* Develop a relationship with your child's teacher. Take time to meet your child's teacher at the beginning of the school year. He or she can be the best source for information about scholastic performance.

- \* Designate a specific time for homework and help your child discover a regular, quiet place where he can study. Make sure the area is free from distractions and that study tools nearby.

- \* Stay on schedule. Your child should keep a schedule of classes, assignments and key dates, such as project deadlines and test dates. As part of that schedule, include specific times for studying, projects and extracurricular activities.

- \* Emphasize organization. For some students, having color-coded binders for each subject helps them stay on track throughout the year. Also, keeping notes organized helps with test preparation later in the year, so work with your child to determine the best method.

- \* Encourage learning at home. Promoting learning outside of the classroom helps children perform better in school. To nurture reading skills spend at least one hour per week, 10 to 15 minutes a day, reading with your child. To enhance math proficiency, try letting your child help plan the next family trip and encourage him or her to compute miles, cost of gas, expenses for food, hotel and entertainment.

*See Stress-free, page 8*

## Meet & Greet Today!

All parents and students are invited to the "Meet & Greet" session today at both schools from **11:30am to 1:30pm**. Class lists are also posted today. See you there!

## Additional Bus Information Elementary School (Grades 1-6)

### Bus #3 (Pick up)

07:15  
07:18  
07:21  
07:26  
07:30

### Location/Stop

Nob Hill (NH-33)  
Nob Hill (NH-21)  
Nob Hill (NH-12)  
West Bargo (WB-45)  
Elementary School

### Bus #6 (Pick up)

07:10  
07:19  
07:22  
07:30

### Location/Stop

Caribbean Circle (CC-33)  
Caravella Point (CP-2)  
Caravella Point (CP-12)  
Elementary School

## Sports Physical Correction

*In last week's Gazette we incorrectly announced the date for sports physicals. The correct information is listed below.*

## Schedule for the sports physical for 2003-04

**Saturday August 30th**

**Check in between 8 and 10am  
at the Primary Care Clinic**

Students may pick up a physical form at the high school office. It is advisable that a parent accompanies the student. However, if a student must come without the parent, the form must be completed and signed by the parent in order for the physical to be performed. Students must have a physical in order to participate in sports.

**U.S. Naval Base  
Guantanamo Bay, Cuba**

**Gazette**

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# NEX Salutes GTMOs Newest Chiefs

At the invitation of the Navy Exchange management and staff, GTMO's newest chief petty officers gathered at the NEX Uniform Shop after closing time Monday.

GTMOs nine CPO selectees spent some uninterrupted time gathering uniform items they'll need for their new positions as members of the GTMO khaki community.

As they gathered their new uniform items, each of the selectees was surprised to discover several personalized gifts from the NEX, planted among the racks of uniforms. In addition to these gifts, Beth Munoz, NEX Operations Manager, held a number of drawings for other special merchandise items for the selectees, including brief cases, tee-shirts and uniform items.

This introduction to a new way of life also included some welcome gifts from the Navy Exchange and a few of their better known vendor merchandise lines. Each selectee was presented with a gift basket that included a gift certificate and assorted merchandise.

Sponsors for the selectees were also on hand at the event to help assist the new CPO selectees in gathering their new uniforms and provide advice on fit.

Congratulations to all the new CPO Selectees at Guantanamo Bay.



Above: GTMOs news CPOs are (Back row, l-r) BMC(SW)(sel) John Paul Jones - MIUW, HMC(sel) Jason Flint - Naval Hospital, ET1(SW/AW)(sel) Kenneth Vaughn - Naval Station, HMC(sel) Everett Hairston - Naval Station, and OSC(SW)(sel) Curtis Whitaker - General Dynamics. (Front row, l-r) HMC(sel) Gina Siefert - Naval Hospital, MA1(SW)(sel) Gilberto De Jesus - Naval Station, MA1(SW)(sel) Jeffrey McKennie - Naval Station, and QMC(sel) Paul Trent Matthews - MIUW

Photos by MSC(SW) Hugh Mills and JOC Ric Evans



Above: NEX Manager Don Mohlman greets the new CPO selectees and their sponsors and welcomes them to the uniform shop.



Left: Shopping carts filled quickly with khaki uniform items as selectees turned to their sponsors for advice on uniform brands, fit and and what items should be included in their initial uniform purchase.



Right: The CPO selectees were treated to large gift bags filled to the top with various items, including a gift certificate and items donated by NEX vendors.

# Paper Clips Making Changes

By JOSN Alexis R. Brown  
Naval Media Center

Winston-Salem Industries for the Blind is in the business of providing quality products, craftsmanship, and most importantly providing quality of life for the blind.

For more than 30 years, its mission has been providing employment for blind individuals while increasing economic growth and self esteem. Now, a task has been added to its mission for Guantanamo Bay.

According to General Manager Branson Taylor, when Paper Clips Etc. opened for business in March 2002, its main objective was supporting the base supply system and providing an business supply-type outlet.

"Our mission itself in Guantanamo Bay is providing support to the Navy," said Taylor. "Paper Clips is only a name. We fall directly under Industries for the Blind, and in the states we provide employment for the blind," said Taylor.

Since Paper Clips has been here, the store has been open to the entire community; however, certain guidelines and policies have changed over time, explained Taylor.

Taylor went on to add that the store does not want to turn anyone away, but due to policy changes, he must comply with certain guidelines for purchasing special orders.

"We are allowed to sale to the regular consumer for on-shelf items, but for special orders, you must purchase for the government with an impact card," said Taylor. "A service member or government employee must make the purchase."



Taylor also explained that Paper Clips, Etc. is part of a non-profit organization, so making a profit is not part of the mission.

In past months, some base residents complained about items at the store being outrageously priced, but Taylor said he has a way of fixing that. "We've brought in various new products recently," he explained. "If anyone can find one of our items at a cheaper price, I'd be willing to match the price."

You can contact Taylor Monday through Friday for more questions or concerns about Industries for the Blind or purchasing at Paper Clips Etc.

## Girl Scouts - Every Girl Has A Place

Girl Scouts is the opportunity of a lifetime that is open to all girls age 5-17. Beginning at age 5, with the Daisy Girl Scouts, scouting exposes girls to the "real world" and prepares them to meet the challenges of tomorrow's society.

When Juliette "Daisy" Gordon Low started the Girl Scouts in 1912, she knew girls needed a place where they always came first, a place that focuses on their needs and stimulates their interests. That vision has never wavered; girls are now and will always be the only reason for Girl Scouting.

**Benefits of the all-girl experience:** For many years, girls have often been allowed to expect less of themselves. That's why today's girls need a place where they can take risks, learn from mistakes, and have fun with other girls.

**Girl Scouts is focused on the girls:** The Girl Scout program is designed for girls to develop critical life skills. Girl Scouting encourages girls to try new things, experiment with new ideas, make decisions, and be leaders.

**Girls need role models:** A setting where female role models are the norm rather than the exception can help girls develop skills and self-confidence they will need to succeed in tomorrow's world.

Girl Scouts are girls just like you who have fun, make friends, and discover new things and places. Girl Scouts design websites, go camping, care for animals, scuba dive, visit museums, care for the environment, play sports, help people in the community, and put on talent shows.

As the largest voluntary organization for girls in the world, the Girl



### ***Girls Scouts Want You!***

#### ***Daisy Girl Scouts***

*Girls 4 years old and up are invited to register for the 2003-2004 Girl Scout year Saturday Aug 23, Aug 30, and Sept. 6th at the NEX Atrium.*

#### ***Brownies***

*Are you a girl between 6 and 8 years old or in the 1st, 2nd or 3rd grade? The Brownies would love to have you join our troop. Come sign-up Saturday, August 23 from 9am to noon at the NEX. FMI, Call Lupe Morris, 7105, or e-mail [gtmogstroop6@yahoo.com](mailto:gtmogstroop6@yahoo.com)*

*Eres una nina entre la edad de 6-8 años o en el primer al tercer grado escolar? Las "Brownies" quieren que compartas una experiencia fabulosa! Ven a registrarte este Sabado, Agosto 23 de las 9-12 en el NEX, si tienes preguntas llama a Sra. Lupe al 7105 o mandame un correo electronico a [gtmogstroop6@yahoo.com](mailto:gtmogstroop6@yahoo.com)*

Scouts inspire girls with the highest ideals of character and conduct, so that they may become capable and inspired citizens.



# Force Protection Is Everybody's Business

**By MA3 Elizabeth A. Colby**  
*Force Protection Office*

Whether you're a Naval Security Force member, a hospital staff member, or a McDonald's employee, there are things you can do to enhance the overall force protection posture here in GTMO.

The following are some questions frequently fielded in the base Force Protection office.

## Force Protection FAQs

1. Do I need a travel brief before traveling out of the continental US?

A. Yes! All personnel need to schedule a travel brief by calling 4306, at least one week prior to leaving the island. A new travel brief must be completed each time you travel OCONUS. This also applies to PCS moves! You will be provided with a letter acknowledging the briefing was completed.

2. Do I need a travel brief prior to visiting Puerto Rico?

A. Yes, travel briefs for Puerto Rico will be given every Mon. @ 11:30 in the Force Protection Office at Bulkeley Hall. Again, a letter indicating the completion of the briefing will be provided.

3. Why are OCONUS Travel Briefings required?

A. They are directed by the Department of Defense to ensure that service members and their families have the information they need to stay safe while traveling outside the continental United States. Information from the State Department, Justice Department, and the Naval Criminal Investigative Service is used in the briefings.

4. Who can provide the briefings?

A. The Naval Base Force Protection staff, qualified department and tenant command Physical Security Representatives, and others who are qualified Antiterrorism Training Officers.

5. Who must attend Level 1 Force Protection Training?

A. All military personnel, civilian, and dependents age 14 and up are required to receive "Antiterrorism Awareness Training" (ATFP Level 1) annually. Training can be received through the individual departments' Physical Security

Representatives, on line, or by attending class held the first Thursday of every month at 8:30am, in Bulkeley Hall Classroom B/C.

6. How do I access the Level 1 Force Protection training on-line?

A. Visit [www.at-awareness.org](http://www.at-awareness.org) and enter AWARE as the password. The training will take between less than one hour to complete and certificate can be printed when you successfully complete the training. Upon completion service members are required to make a service record entry to ensure their Level 1 training has been done. Civilian and dependents are also required to keep track of their training in their personal records.

7. What is an FPCON?

A. FPCON stands for Force Protection Condition. There are five FPCON levels that exist. Each level is used to describe the protective measures implemented.

8. What are the five FP CON levels?

A. The Five FPCONs are Normal, Alpha, Bravo, Charlie, and Delta. NAVBASE GTMO is currently in FPCON Bravo.

9. What are some protective measures that we ourselves can perform?

A. There are a number of individual protective measures one can do. Here are just a few:

- ◆ Vary your route to and from work, and the time you arrive and leave.
- ◆ Do not divulge family or personal information to strangers.
- ◆ Maintain a low profile while OCONUS.
- ◆ Develop a family duress code so that family members can warn each other when they are in danger.
- ◆ Travel in groups whenever possible.
- ◆ Do not "hide" keys or give them to very young children.
- ◆ Get into the habit of "checking in" to let friends and family know where you are or when to expect you.
- ◆ If traveling OCONUS, learn a few key phrases in the host country's language before you go.
- ◆ When selecting a residence choose one with access routes that allow many choices of approach or departure.

This above questions and answers are not all-inclusive. If you have more questions or would like more information, call 4306/4952.

## NEWS BRIEFS

### Quilters, Sewers Wanted

Enjoy sewing? Want to learn quilting? Beginners and skilled sewers are being sought for a Quilting Bee. Come to learn and share on September 4, 6-9pm, at the Community Center. For more information, call Tonja at 7328.

### Navy College News

The CLEP English Composition with Essay exam will be offered for the final time as a paper based exam between October 6-20.

Those desiring to take the exam must contact the Navy College Office to sign up no later than Sept. 3. Email [UlfersJC@usnbgtno.navy.mil](mailto:UlfersJC@usnbgtno.navy.mil).

### Project A-OK Helps You Make the Grade

Your Navy Exchange wants to help pay for your child's college education. Through its Project A-OK program, your child could win \$5,000, \$3,000 or \$2,000 in U.S. Savings Bonds, denominations at maturity. Drawings are held each quarter for a total of \$40,000.

"Since 1997, Project A-OK has been rewarding children for getting good grades in school. Project A-OK is an example of one of the many ways the Navy Exchange achieves its vision of serving the Navy through a system of quality of life programs.

Eligible full-time students with a B grade point average or better, as determined by the school system, may enter the drawing. Eligible students include dependent children of active duty military members, reservists and military retirees, including those employed by or whose spouses are NEX employees. Children must be enrolled in the first grade through undergraduate school. Dependent children without an individual Dependent Identification Card must be accompanied by their sponsor to submit entries. Each student may enter only once each grading period and must re-enter with each qualifying report card.

To enter, bring your current report card to the NEX and have an associate verify your minimum grade average. Fill out your entry card and obtain your A- OK ID, which entitles you to discount coupons for purchases at the Navy Exchange.



Local volunteers simulated exposure to chemical weapons at the gym. Here they await exposure washdown, medical evaluation and transportation to the hospital.

## GTMO Holds Chemical Weapons Field Training Exercise

By Cmdr. E. J. Denfeld  
Public Works Officer

Guantanamo Bay held its first full-scale Chemical Weapons Field Training Exercise (FTX) on Thursday, August 14, to test all

aspects of the installation's Weapons of Mass Destruction (WMD) response plan. The exercise was tailored to meet the specific objectives of various NAVBASE agencies. It provided a practical means to assess whether an installation's WMD response plan is executable. It proved a great success.

The day before the exercise was dedicated to preparing controllers/evaluators and volunteer actors, as well as ensuring all site setup activities had been completed. The planning and training for this exercise started over a year ago and a great deal of work went into making it successful. The day of the exercise consisted of the role-playing and the follow on hot-wash and debrief activities.

The FTX simulated the response to a terrorist dissemination of chemical agent. The exercise was held at the base gymnasium and extended to the hospital. Volunteer actors were used to simulate victims of the attack, and installation response agencies responded with their actual equipment. A control and evaluation team consisting of members of the Army's Soldier and Biological Chemical Command (SBCCOM), as well as base experts, monitored and evaluated the response actions to ensure the exercise achieved its objectives.

The Fire Department and Fire Chief Mabbit had the biggest role as the on-scene commander. They were also trained to go into a contaminated environment and rescue victims. Security also had a key role, securing the site to prevent personnel from inadvertently walking into a dangerous environment. Security also took the lead in evacuating personnel from nearby areas as necessary. JTF GTMO acted as a back-up to security. They would assist in securing the site and the base against follow on attacks, as well as relieving security to attend to other base duties such as searching for the perpetrators.

The primary role of the Naval Base Hospital was to triage victims on site, transport and provide advanced care at the hospital. In a chemical attack environment the hospital has the added responsibility to insure contaminated victims do not get into the hospital and cause injuries to the medical staff. Therefore they are also trained to set up decontamination at the hospital for



Protected by his chemical suit, a firefighter makes an on-scene evaluation and provides initial emergency treatment to an exercise victim.



the patients they need to treat.

The Fleet and Family Support Center set up a "Crisis Center" and the Chaplain rushed to the hospital to help victims' families. The base Emergency Operations Center stood up to oversee the crisis. NCIS and PWD HAZMAT were on scene to do their parts as well. The base Supply Department searched for any additional supplies that were called in for from the site.

All the participants responded to the simulated events in a timely and realistic manner. The Controller/evaluators helped run the exercise and ensure the details were addressed and the lessons learned were documented. They were assigned to specific areas and assessed the performance of their assigned functional area.

Special thanks to the Red Cross volunteer victim actors. Many of whom were high school and elementary students, the youngest two were Eddy and Ricky playing worried family members at the FFSC. We won't say who the oldest victim is, but Don from ISD was hands-down the most dramatic! The Victims were tasked with providing the most realistic training possible. There was fake blood and drool, as well as some very good (and not so good, but enthusiastic) playacting done by the volunteers. Over 35 actors participated in the drill. Ms. Denise Clark, the base American Red Cross representative also led a team of volunteer caregivers on site to pass out water and snacks to



*A firefighter transports an unconscious victim to the treatment location on a lightweight plastic sled. The sled allows one firefighter to safely transport a victim that may be contaminated with chemical agents.*

responders and actors alike. McDonalds donated free snacks and drinks.

Overall the drill was a great success and much was learned. The base WMD team will evaluate the drill and launch into a new training cycle that will culminate in another FTX next year.



*Above: Firefighters unpack a wash tent used in the preliminary treatment of victims at the scene. A two-stage system that washes agents from the skin of the victims prepares them for evaluation and transportation. Below: As other firefighters complete the tent setup, another firefighter washes down victims with a hose to lessen their reaction to the agents.*



*Above: A victim is evaluated at the hospital triage prior to being moved or administered emergency treatment.*



*Photos by JOC Ric Evans and PH2(SW) Terry Matlock*

**Stress-free**, from page 2

**Transition Year Back-to-School Tips** (children starting kindergarten, first grade, middle school or high school):

\* Visit the school. If your child is changing schools, make a special trip together to visit the school. Checking out the new classroom and teacher before school starts will help ease feelings of anxiety and get your child into the academic routine.

\* Discuss changes in routine. Talk with your child about how the routine for the new school year may differ from the previous year. It can be difficult for children to adjust to changes in schedules and workload. Will there be more homework assignments? Will they have more than one teacher this year?

\* Provide extra support. When starting the new school year, especially if it's a transition year, a little extra support can't hurt. Talk with your child about her fears regarding school and maintain an open dialogue throughout the year. Discuss what subjects she's anticipating and any areas she finds particularly challenging.

\* Transition into Kindergarten. Kindergarten is your child's introduction to elementary school and a first opportunity to learn basic math and reading skills, not to mention the routines and expectations of group learning. As a parent, you are your child's first teacher. The skills that he learns from you — how to get along with others and follow and listen to directions — will help him start the year off right.

\* Transition into middle school and high school. Transitioning from elementary to middle school or high school brings many questions and concerns. Organization becomes even more important in middle and high school when your child must keep track of multiple subjects, homework, teachers, classrooms and books. You can help him to reduce stress by giving him a calendar/planner to help him organize these new items and encourage good study habits.

For more information or tips talk your child's teacher or visit [www.educate.com](http://www.educate.com).

*Courtesy of ARA Content , used with permission*

# Education: The Online Option

Are you an active duty service member, a single parent or both? Do you serve onboard a Navy ship, a Coast Guard cutter or somewhere overseas? Does it seem you just don't have enough time to pursue a "real" college degree?

If so, then online education may just be the thing you need. It's a great way for military service members to earn a college degree while serving their country. Online courses and degree programs are developed specifically to provide the flexibility needed to fit the op-tempo and duty schedules of active duty service members. In fact, thousands of duty standing, single parent, and even deployed members earn their college degrees each year using online education. Most schools offer online programs that range from Associates to Masters degrees and, depending on the course, may take as little as 1-2 hours a day, 3 days a week.

**Here's how online education works:** Online courses follow the same format as traditional college courses, with a professor, textbooks, homework, exams, etc. However online courses have a much higher degree of flexibility and usually use a combination of message boards, e-mail, chat rooms, CD-ROMs and textbooks. In a typical online course the professor will post weekly reading assignments, study questions and schedule a group online chat time. The student must post answers to the study questions and respond to at least one other student's postings by the end of that week. Online courses typically have weekly deadlines - however, your daily/weekly study schedule is completely up to you. At the end of the course or module you will have a final exam (lower level) or written essay requirement (upper level) summarizing the context of the class.

**Your key to success:** Just like in traditional college classroom courses, your success comes from a willingness to commit to your coursework. On average, online students spend a couple of hours a day studying. It is also essential for you to have a strong desire to learn and remain focused on the goal of earning the college degree - it is your degree that will expand your career opportunities.

**So you're asking: "Are online college courses for real"?** Yes. Many military members share your concern about the validity of online college programs. Online programs are offered by many "big name" fully accredited and esteemed schools like Penn State, Phoenix University, the University of Washington, and Cappel University, to name a few. However you should remember: "Don't buy into an image, buy into a degree." Many "small name" colleges offer online courses that may best fit your needs and budget.

There are a number of questions you should ask when choosing the right school and program for you:

- ♦ Does Military Tuition Assistance or the MGIB cover the costs of the courses?
- ♦ Does the school grant academic credit for Military schools and experience (as recommended by the American Council on Education (ACE))?
- ♦ Does the media (CD-Rom, e-mail, internet, etc) fit your needs and abilities?
- ♦ Does the school have the degree program that fits your education goals?

So if you think "online" may be the best fit for you, begin looking for the school that meets your needs. Schools usually have free information packets they will mail you with answers to the questions above, more on tuition costs, and an application. You can request information from multiple schools at once by filling out a form on [Military.com](http://Military.com). With no obligation or cost, learning about different schools is a great way to take the first step. Visit [www.military.com](http://www.military.com) and click School Finder underneath the Education heading.





# Painted Bunting

By Paul Schoenfeld  
Natural Resources Manager

The Painted Bunting (*Passerina ciris*) is a small songbird about 5 inches long. The Latin name *Passerina* is descriptive meaning sparrow-like and *ciris* is derived from a fictional bird in Greek mythology. The common name probably best describes this species because of the brightly colored male. While the females are very dull and drab colored for camouflage, the males have blue heads, and red eye rings, throats, rumps, and undersides. Their backs are green and their tails and wings are black. There is a splash of yellow between the blue head and the green back and this bird looks "painted".

Painted Buntings are one of several species of neo-tropical migratory landbirds, birds which nest in North America and migrate to Central and South America and the Caribbean for winter. Painted Buntings nest in the southeastern United States usually in early May and often as late as July. Their range is normally associated with coastal areas and further inland along rivers. Females build a cup shaped nest in dense thickets along a wooded edge and lay 3 - 5 eggs. The eggs are incubated for about 12 days and the young leave the nest about 2 weeks after hatching. Sometimes the females will nest again and the males feed the first batch of young. Their diet consists of a variety of insects and seeds.

Males are very territorial and perch high in shrub thickets when singing and displaying in defense of their habitat. Territorial disputes between males are violent and often fatal.

Painted Buntings are considered species of special concern along with several other neo-tropical migratory birds. Development resulting in habitat modifications throughout their southeastern nesting range have not only reduced the amount of available nesting sites but also have improved habitat for the brown-headed cowbird, a brood parasite. These cowbirds lay their eggs in Painted Bunting nests to



Photo by Giff Beaton

be incubated and raised by the buntings, often at the expense of their own offspring's survival. Cowbird chicks usually hatch early and are larger and more aggressive than the bunting chicks. This allows the cowbird chicks to get most of the food brought to the nest by the adult buntings. Other threats to Painted Bunting populations include large-scale habitat degradation in the neo-tropical wintering grounds

## Creature Feature

"Creature Features" are submitted by The Guantanamo Bay Environmental Office

and capturing the brightly colored males to use as cage birds.

There are conservation programs in place to address the threats to neo-tropical migrants and other non-game wildlife. Most notably, the Partners in Flight Initiative is an effort to reverse the downward trends of neo-tropical migratory landbird populations. This is a cooperative effort between various private organizations and State and Federal agencies, including the DOD. This initiative provides for monitoring the status and trends of various neo-tropical migratory birds and identifies management strategies to conserve their habitats. Several DOD facilities in the southeast provide nesting and brood rearing habitat while installations such as GTMO provide wintering habitat. Here once again, the DOD has been a key partner and contributor to national efforts in conservation.

## Environmental Reminders

- ✓ Don't leave car batteries, used oil or other waste laying around when you work on your car. Take these items to recycling or Hazardous Waste. Call 4994 or 4376 for assistance.
- ✓ Help keep plastic and debris out of the water and off beaches.
- ✓ 20 Recycle tickets earns you a free T-shirt.

## Keep GTMO Beautiful

*Please remember that GTMO is not only a base, but also our home. Have respect for the place you live and work and teach children the value of picking up after themselves. Help keep GTMO beautiful by putting your trash in trash cans not on the ground.*

*A concerned GTMO citizen recently wrote the following to the PAO Office: "This weekend I went with my family to enjoy a movie, but left feeling upset. As the lights came up many people left, and left behind their trash. It saddened me to know so many people would leave their trash behind for others to pick up. There are trash cans all over the lyceum, please utilize them and keep GTMO beautiful."*



## Worship Services

### Catholic Mass

(Main Chapel) **Monday - Friday**  
Daily Mass (Cobre Chapel) 0630

#### Friday

Holy Hour/Rosary 1700  
(Cobre Chapel)

#### Saturday

Reconciliation 1630  
Eucharist/Mass 1730

#### Sunday

Eucharist/Mass 0900  
La Santa Misa (Spanish) 1100  
Eucharistic Adoration  
(Cobre Chapel) Daily 24hrs

### Protestant Services

#### Sunday

Services - Main Chapel 1100  
Praise & Worship 1830

### New Life

(Main Chapel) **Sunday**

Worship Service 1245  
Sunday School (Sanctuary B) 1130

### Church of Jesus Christ of Latter Day Saints

(Sanctuary A)

#### Sunday

Sunday Sacrament 0900

#### Monday

Families Home Evening  
1800

#### Wednesday

Ladies Relief Society 1900

#### Thursday

Young Women 1900

### Jewish

(Fellowship Hall)

Every Friday 2000

### Filipino Bible Fellowship

(Sanctuary A) **Sunday**

Worship 1800

### Iglesia Ni Cristo

(Sanctuary B) **Sunday**

Worship 2000

### Pentecostal Gospel Temple

(Sanctuary C) **Sunday**

Worship 0800 & 1700

### Seventh Day Adventist

(Sanctuary B) **Saturday**

Divine Service 1100

### Islamic Service

(Classroom 18) **Friday**

Worship 1300

### United Jamican Fellowship

(BLDG. 1036 - Next to Phoenix Cable)

Sunday Service 1100 & 1830

### Camp America Chapel

**Sunday**

Praise & Worship 0900  
Bus Transportation available at 8am,  
Windward Loop and 8:15am, TK.

*For information about  
Sunday School, Education  
Programs, Bible Study,  
Prayer Groups, etc. Call the  
Chaplain's Office at 2323.*

## GTMO Talent Show

Participants are being sought for the GTMO Talent Show on Sept. 12th at the Windjammer. Auditions are at the Windjammer Saturday, August 23 from 1 to 3pm.

If you cannot make the audition times, contact CTA1 Barnes or IS1 Gallops at 4230 or 5111 to arrange for an audition day and time. Any talent is welcome, but should be suitable for families.



## Save Money With Coupons

Everyone's invited to the Monthly Coupon Meeting. Thursday, August 28, 7-9pm at the Community Center. FMI call 5545 or 7741.

## Family Housing Residents

Effective September 1, plant chits will be sent out electronically. Email the Family Housing Department at roqueh@usnbgmtmo.navy.mil to sign up. You will need to provide your name, address and phone number.

## Labor Day Car Show

**Monday, Sept. 1**

**Downtown Lyceum, 10am to 2pm**

Register by August 30th.

Categories - Sedan, 4x4, Truck, Motorcycle,

Military, SUV and GTMO Special

Trophies - Best in Show, Best Paint,  
Best Motor, Best Detail.

Refreshments and Give-aways, too!

FMI, call 2345.

## Summer Revival "Bridging the Gap"

**Saturday, August 30 - 7:30pm**

**Sunday, August 31 - 12:45pm**

**Main Base Chapel**

Sponsored by New Life Fellowship, United Jamaican Fellowship, JTF-Camp America and the NAVBASE Religious Support Group.

For more information, call 2323 or 3202

## Force Protection

*Never leave house or trunk keys with your ignition key when your car is being serviced. Remember, habits formed here in GTMO are carried with you to your next assignment.*

## Energy Conservation

*Plants help to purify the air. They extract carbon dioxide and create oxygen.*

## Water Conservation

**Aug 11 - 17**

Used 8,107,000.0  
Daily avg. 1,158,142.9  
Daily goal 1,000,000 gal

We were **\$21,033** over budget for the week.



# GTMO SHOPPER

## FOR SALE

(1) Dive gear: 2 Scuba Pro Glide BC's less than a year old in great shape, \$275 each. Assorted regulators from \$125. If interested in starting out with dive gear it don't GTMO better. Call 7945 after 6pm.

(1) Computer - complete with monitor, speakers, keyboard, mouse - everything you need - all for \$250. A great deal! FMI, call 7672.

(1) Bedroom Suite: Queen bed, top of the line mattress/boxspring, headboard, 2 end tables, dresser with mirror, 7 drawer chest, one year old. \$1,500. Call 3462 or 7379.

(1) Dining table w/glass top and 2 rattan chairs, \$95. FMI, call 7672.

(1) Pentium IV HP w/flat screen monitor, laser mouse, speakers, CD burner/DVD player. Excellent deal for \$1,000. Call Micah, 5758 between 8am and 3pm.

(1) 18 speed 26 inch mountain bike with serfas seat with seat pouch. Includes helmet - \$75. Call Cliff at 5357 or 8644.

(1) Wrought Iron Table & 4 chairs, good condition. \$50 firm. Call Jan at 2650.

(1) New cherry wood finish entertainment center, 27-inch RCA TV, 4 head VCR, all for an unbelievable \$300. Call 5517.

(1) Diving Equipment - Regulator w/octopus, pressure, depth gages and compass; XL Seaquest BC; 2 tanks, xtras. Package deal, \$900, negotiable. Call 8301 after 5pm.

(1) Softball Bat 2002 EST Xtra - 34 in., 28 oz with 11" shell - just bought this year; it's in great shape, Need to sale it soon. Paid \$118, selling for \$90. Call David DWH 6142 or AWH 8181.

(1) Sony Clie PEG-N760C - 2 years left on an extended warranty (2) 128MB memory sticks, (1) 8MB memory stick, and EB case. Asking \$250 OBO. FMI, call WK 3579 or HM 8036.

(2) Scuba Pro Glide Plus BCD - rarely used, like new. Includes weights. Size Large. \$350. Call 5700.

(2) 1985-86 Brand New Holley Carburetor for a Dodge/Voyager/Mazda - 2.2 - 4 CYL W/ A.C. 2 Barrel Holley 6520. Call/leave msg at 7809.

(3) Mini-fridge w/built-in freezer, \$50 OBO. Call Spc. Gawne at (h) 8085 or (w) 3136.

(3) Almost Everything you need for decorating or crafting for Christmas. FMI, call Phyllis at 7470.

(3) Two 26", 21 speed, mountain bikes. Both under six months old. A Schwinn Trail Breaker, w/helmet, lock, and pump. Asking \$100 OBO. A Kent Pacific, w/helmet, lock,

and pump. Asking \$80 OBO. Call Bob or Rich at 8661/3692.

(3) 9x12 light green plush rug, \$35. Call 4620.

(3) ITEMS FOR SALE - Panasonic Portable Stereo/CD system, \$50; 20" JVC TV/VCR combo, \$175; 26" 15-speed Roadmaster Mountain Bike w/ helmet, \$95; 12 cubic inch ABSOCOLD refrigerator, \$45; Medium-sized BBQ pit (3mos. old), \$20; All items except fridge are 8 months old or less. Call Tim at 8660. Leave a message.

(3) Woman's Blue 24" Bicycle - includes footpump, helmet (adult size), gel seatpad and small pump (attaches to frame). Looks and works like new. Hardly used. Paid \$150, asking \$80. Call Tamra, 8121 after 5pm. View at 32C Windward Loop.

## VEHICLES/BOATS

(1) 1987 Honda Rebel 250, \$900. Low miles, extra parts, runs great. Call (h) 8104 or (w) 3015.

(1) Great Jeep CJ-5 (the blue one) with 2 tops, in great shape. Great transportation for the islands. Only serious offers. \$4000 firm. Call 7945 after 6pm.

(1) 1985 Dodge Ram Extended cab pickup. Runs good. \$1400 OBO. Call Ken at 5061/8640

(1) 1988 Volkswagen Fox, Blue, 4 sp manual trans - \$2,300 OBO. Call Bernardo DWH 7-2252 or AWH 7429.

(1) 1998 Ford Ranger XLT Extended Cab. Automatic, 6 cyl, fully loaded, new tires. 56K miles, fully loaded, bedliner, new BF Goodrich Radial TA tires. Selling for Kelly Blue Book price \$8,000. Contact 3462 DWH or 7379 AWH

(2) Nice Dodge car, asking \$1,200. FMI, call Bernie or Frank at 2550. Serious offers only.

(2) 1990 Ford Taurus station wagon. Runs well. Price \$3,500 OBO. Contact Anna at 7489.

(3) 84 Chev full size van, beige with gold spoiler, best GTMO special on island, new paint job, runs good, golf clubs chipping net and chipping mat included - \$1,900 OBO. Call 8667 or email scottml@jftgmo.southcom.mil

(3) The GTMO Special you have been waiting for! 1979 Olds Cutlass Supreme, white w/distinctive red flames. Runs great, new tires, new stereo w/CD player, \$1,995. Call Tim, 8660 - leave a message.

(3) 1997 GTI Seadoo Bombardier with trailer. New engine, new exhaust, life-

## New Arrivals

**Fiona Roisin Tuemler**

**Born: July 27, 2003**

**6lbs 14oz ; 20"**

**to Lorraine &**

**Michael Tuemler**

**and**

**Danny Christian Nelson**

**Born: August 5, 2003**

**7lbs 5oz ; 20"**

**to**

**Angela &**

**Daniel Nelson**

## In Memorial - Buster P. King

**Feb. 1988-Aug. 18, 2003**

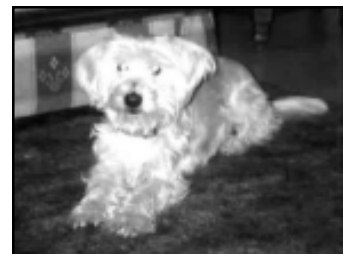
"To know him, was to love him"

Buster was the beloved dog of the King family. He was born in Guantanamo Bay and adopted by the Kings at the age of 4 weeks.

Buster lived in Guantanamo Bay and New Jersey.

He is survived by his immediate family, Don, JoAnn, Joshua & Bettian, his grandparents, aunts, uncles, cousins and many friends and caretakers.

Buster's family would like to thank the GTMO Veterinary Clinic, Captain Franklin, the wonderful vet technicians and Miss Judy for all their care, compassion and love over the past few months. We also thank our friends and co-workers for their kind words of sympathy.



jackets, left and right side bumpers, and towing rope. Engine has less than 10 hrs and has two year warranty. \$4,500 OBO. Call Lela, DWH 72940 or AWH 7041

Hairstylist, Room Attendant (Navy Lodge), Manicurist, and Floral Display Artist. Please pick up your application on the second floor of the NEX if interested.

## WANTED

Want to buy an existing Dish Satellite system. Call 3339 or 7804.

## ANNOUNCEMENTS

Tupperware for sale. Call Esther 7055 (AWH)

## EMPLOYMENT

Your Navy Exchange is looking for applicants for the following full-time positions: Security Guard, Barber/

## YARD SALES

Sunday, August 24 at Deer Point 707, 7 to 10am - Indoor/outdoor plants, odds & ends, household items.

## RUGRATS GO WILD

Animation/Comedy  
1 hrs. 21 min.

*Starring the Voices of:*  
*Bruce Willis*  
*Jodi Carlisle*  
*Lacey Chabert*

Tommy Pickles gets a chance to meet his real life hero, Nigel Thornberry, when the Rugrats wash up on the shore of a deserted island. A heroic Tommy leads the Rugrats safely through the rainforest

where the babies encounter lizards, tigers and bug-eating plants. Along the way, the Rugrats run into and befriend the Thornberrys leading to a host of hilarious and sometimes precarious situations.



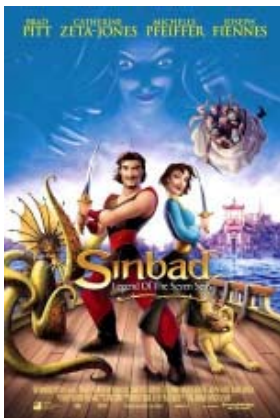
## SINBAD LEGEND OF THE SEVEN SEAS

Animation/Romance  
1 hrs. 30 min.

*Starring the Voices of:*  
*Brad Pitt*  
*Catherine Zeta-Jones*  
*Michelle Pfeiffer*

The famous Arabian sailor, Sinbad is framed for a crime by the goddess of Chaos. Setting out to prove his innocence, Sinbad travels to where the goddess resides, where

he is challenged by terrifying monsters. Sinbad also has to deal with the golden "Apple of Discord", which has the ability to turn friends into enemies when thrown in their midst.



## SEABISCUIT

Drama  
1hr 48min

*Starring:*  
*Tobey Maguire,*  
*Jeff Bridges,*  
*Chris Cooper*

This is the true story of a former bicycle repairman, Charles Howard who owned a small, knobby-kneed horse called Seabiscuit. Howard teamed up with a half-blind ex-boxing prize fighter, Red Pollard, who became the horse's jockey and a former "mustang breaker" Wild West performer called "The Lone Plainsman", Tom Smith, who became the horse's trainer. As the United States struggled through the Great Depression, people around the country followed with rapt interest of the Seabiscuit story, leading to his win of the Horse of the Year honors in 1938.



# Movies

## FRIDAY, AUG 22

8pm Rugrats Go Wild

PG 81min

10pm 2 Fast 2 Furious

R 108min

## SATURDAY, AUG 23

8pm Sinbad Legend of the

Seven Seas

PG 90min

10pm Charlie's Angels 2

PG13 103min

## SUNDAY, AUG 24

8pm Seabiscuit

PG13 130min

## MONDAY, AUG 25

8pm Tomb Raider 2

PG13 110min

## TUESDAY, AUG 26

8pm Alex & Emma

PG13 96min

## WEDNESDAY, AUG 27

8pm Bad Boys 2

R 147min

## THURSDAY, AUG 28

8pm American Wedding

R 102min



## Labor Day Tennis Tournament

Men and Womens Divisions

6pm August 29th

10am August 30th

BEQ Tennis Courts

Sign-up at the Base Gym

FMI call 2193

## Labor Day 5K Fun Run

Saturday, August 30th

6:30am at the Base Gym

FMI Call 2193

## Labor Day Co-ed 1-Pitch Softball Tournament

Saturday, August 30

5pm at Cooper Softball Fields

#2, #3 & #4

FMI Call 2193

## Labor Day 3-on-3 Beach Volleyball Co-ed Tournament

Sunday, August 31

Fun begins 1pm at Windmill Beach

FMI Call 2193

## Youth Center

Evening Hours of Operation

Thursday 7:30pm - 10:30pm

Friday 7pm - Midnight

Saturday 2:30pm to 5:30pm

and 7pm - Midnight

FMI Call 4658

## Teen Center

New Hours of Operation

Monday - Thursday 2:30pm - 10pm

Friday 2:30pm - Midnight

Saturday 1:30pm - Midnight

FMI Call 4658/2096

## Parent's Night Out at CDC

Sept. 20th 6:30pm to Midnight

A reservation fee of \$2.50 is due by

Sept. 17th to hold a spot for your

child(ren). An additional fee of \$1.50 is

due for each additional child. The

reservation fee is non-refundable. One

hour-\$2.50, two hours-\$5.00 and three

or more hours-\$12.00

FMI Call 3664

For more information on any of the events listed above, call 5225.